

# PERMACULTURE

how to walk lighter on the Earth

Erasmus+ training course, in France

1st to 9th of July 2022



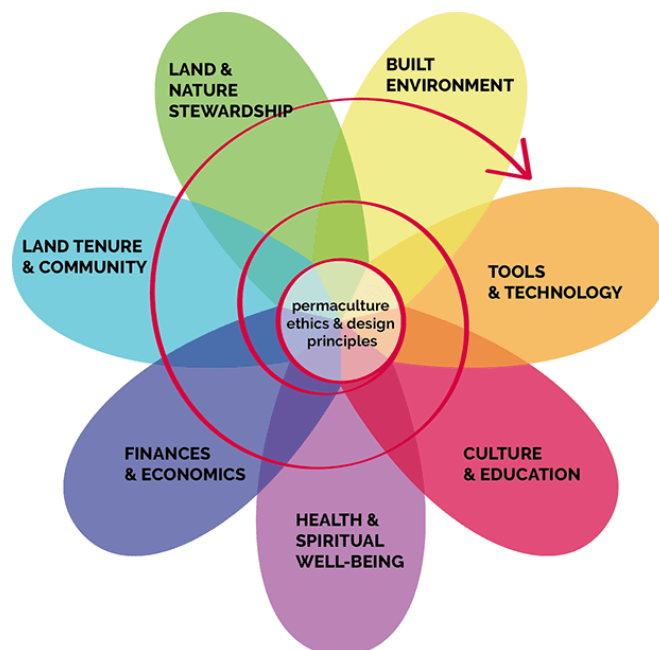
for people who wants to see the world as an entire being

A seven day training course, held in France (near Lanvallay) in July 2022.

1<sup>st</sup> to 9<sup>th</sup> of July 2022 (travel days included)

A Training Course for trainers, educators, youth workers and peer leaders.

It is about developing the competences in the areas of permaculture: healing for nature and Earth, housing, tools and technology, teaching and cultures, health and well-being, finances and economy, governance!!



How to heal ourselves and the Earth at the same time? How to walk lighter on the Earth, how to care about our future, how to design a sustainable living? Let's explore the questions together.

## Introduction

Few months ago, two of us (Lydie, Emmanuelle) were designing a new house made by hand from Sand, chanver and lime. Then, we started to speak about transmitting what we were doing, and we were speaking about permaculture. Sharing about our ideas, we came to be willing to transmit and share our experiences on this fields. I came to speak about this project to Bogdan and he finally jumped into the project and find naturally his place with his competencies in the field of personal care. We thought about idea to gather people from all Europe and then we wish to spend moment in harmony with nature, in nature, make a whole between us, buildings, surroundings, and our way of life to be in harmony with nature.

**Permaculture a philosophy, an art, and a practice for designing and maintaining human systems compatible with an ethic of care in 3 points:**

- taking care of the dynamics of life,
- taking care of humans,
- sharing surpluses, the functional principles being essential to the common sense for located adapted situations.

We will explore low tech tools in our quotidian life, we will explore nature friendly housing like building a natural house with our hands and for very low budget, we will explore all what is linked with food with organic and local food, as well as how to grow food in permaculture behaviour, and finally but first maybe is to take care of us (emotionally, physically, spiritually)

## What for?

It is a training based on the different principles that help participants to have a:

- Greater acceptance of oneself and others.
- Greater spontaneity and ability to express and communicate (artistically and emotionally).
- Greater ability to approach problems in a constructive way.
- Greater freshness and richness in the emotional reaction.

## What will we do?

**We will use different approaches and methods:**

- working in workshops in working on oneself: what is my design? How do I deal with my emotions? + meditation, sudation hut, massage, balanced male female energy, visualisation.
- working on how to take care of the Earth with permaculture gardening and more as wild plants, organic food and more.
- working on developing low tech tools: how to save energy of the Earth.
- dealing with teaching and culture: how to ecologically learn from others: outdoors activities, learning from local region etc.
- dealing with ecological building,
- finances and economy, governance is about how all these will suit together everybody together.

## And through them, we will:

- Explore about different parts of our personality.
- We will explore ourselves and how we live and what that is mean in contemporary society
- Allowing access to personal experiences that facilitates greater self-awareness and integration of new ways of seeing life to care the future world.
- Learn how different methods can be applied in everyday life (work) in order to have less impact in our environment and ourselves.

## The team of trainers

### Lydie Guegan (France) - trainer and project coordinator:



Lydie is university qualified (PHD) in teachers training, programme conceptualizing, teaching evaluation since 2003. She is specialized in dealing with group and training leader to train group with empathy and care. And she is really passionate by human relationship. Experience in the field of teaching and training as well as organizing and finance administrating with the French ministry of foreign affairs, experience in teaching in the field of personal development since 2009, trained and trainer in MBSR from Jon Kabbat Zin, benevolent education from Isabelle Filiozat, intelligences of Howard Gardner, mindfulness from Tich Nhat Hanh. Long term experience since 1998 in the field of youth worker as she worked 13 years in this field too. Working in the field of European projects through youth exchanges, training, Grundvig, research programmes since 2009. She is specialized as a therapist in the field

of acupuncture, work for women, dealing with emotions. She is trained in permaculture, and she is fond of nature, animals, plants, natural system, and want to go forward in passing the idea to live within this system.

### Bogdan Romanică (Romania) - trainer



Bogdan is a human development guide, trainer, and mentor, from Romania. In his work, he is intuitively combining elements of psychology, nature connection, experiential learning, outdoor education, storytelling, and art. He loves exploring nature and the human soul. He feels in his element when inspiring and empowering people to become the best versions of themselves. He has worked locally and internationally in the field of human development since 2010. He graduated the Wild

Mind Program within Animas Valley Institute from USA.

## Emmanuelle Sultan (France) - trainer



With an initial scientific training, engineer in aeronautics and space and in research, thesis in physical oceanography, Emmanuelle Sultan has been pursuing her career within the MNHN since 1994 as a research engineer in geonatural and anthropized environments. Her missions have brought her 15 times

to the Antarctic field as part of increasingly inter and transdisciplinary projects. For Emmanuelle Sultan, Antarctica is also the land of a sensitive or dreamed experience on the borders of the ecumene, a source of knowledge and learning where uncertainty is always present. The question of how to live and live in uncertainty is then based on an assumption that the development of tools for working together and the production of situated knowledge on board civil society then takes on its full meaning. For this, she mobilizes methods from Participatory Action Research, Popular Education, and permaculture that she has been transmitting since 2013.

### Travel and other information for partners & participants

- **Arrival day:** 1<sup>st</sup> of July 2022
- **Departure day:** 9<sup>th</sup> of July 2022
- It is allowed by our NA to travel 2 days before or stay 2 days after the TC for sightseeing and still be eligible for travel refund. Not more.
- **Travel:** as per Erasmus+ programme (see below)
- **Participation fee:** 100 Euros per each participant.

We can only pay travel refund within these budget allowances. 100% of travel paid within the travel bands above, please keep all receipts. It may be possible to pay you cash at the end of training provided you have all receipts minus the 100 euro participation fee.

Country	Travel amount
Spain**	320.00 euros as for green travel
Italy**	320.00 euros as for green travel
Ireland**	275.00 euros
France	180.00 euros
Romania**	360.00 euros
Greece**	360.00 euros
Armenia**	530.00 euros
Estonia**	360.00 euros
Ukraine**	360.00 euros
Georgia**	530.00 euros

## Location, accommodation, food

- Training will take place in a rural location there is no shop, amenities within walking distance of venue. It is located near Saint Malo (20 min), in West part of France, in Brittany and you will be lodged in very nice tents (camping style). There won't have so many inside showers, but we can install outside showers.
- Board and lodging in nature (nice comfortable tents of 6 meters diameter on very big mattresses) fully covered.
- Organic and veggie food will be cooked for us, but you are expected to help with mealtimes and in the clean up after every meal. Give us your dietary requirement we will try to meet BEFORE arrival.
- We will provide ecological soap and shampoo as all the system here is ecological, no chemical can go in the water. :)
- There is wifi internet near the house.

## Participants

This project is for professional youth workers who are active in the youth field (youth workers, trainers, educators, NGO leaders and mentors) who are willing to explore and develop themselves in permaculture and sustainable human development.

- Please only attend if you are a motivated participant and MUST be willing to dive head-in and participate FULLY in the training.
- Where possible please ensure a gender balance when selecting participants.
- All participants must be 18 years of age or over.
- All participants are responsible for their own health and travel insurance.
- All participants must be able to communicate and work in English.

## Application procedure and deadline

- If you want to participate in this training course, you must fill in the application form available at this link: <https://forms.gle/XZjizVdaDL4AUJva7>
- **The deadline** for applications submission is **4<sup>th</sup> of June 2022 (included)**.
- The selections results will be published within 3 days after the deadline.

## Contact

- Email Lydie at [lydieguegan@yahoo.fr](mailto:lydieguegan@yahoo.fr) for more information or your partner organization in your country.

